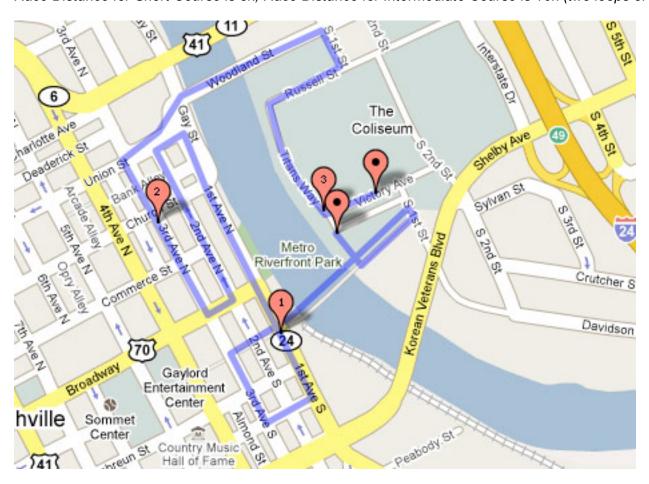
MUSIC CITY TRIATHLON: DOWNTOWN RUN COURSE OVERVIEW

Course Distance = 5k total

Race Distance for Short Course is 5k; Race Distance for Intermediate Course is 10k (two loops of 5k)



Detailed Description:

(The run is the final discipline of the triathlon. Racers will complete a swim and bike then complete the race finishing with the run course)

- 1. Runners leave LOT R of LP Field under Shelby Street Pedestrian Bridge and enter the pedestrian bridge from the North Side of LOT R.
- 2. Proceed across the Shelby Street Pedestrian Bridge
- 3. Bridge ends on 3rd Ave South
 4. Left on 3rd Ave South
- 5. Left on Malloy
- 6. Left on 1st Ave South
- 7. Left on Union Street (staying hard left)
- 8. Left on 2nd Ave North
- 9. Right on Broadway
- 10. Right on 3rd Ave North
- 11. Right on Union Street
- 12. Proceed across Woodland Street Bridge
 13. Right on South 1st Street
- 14. Right on Russell Street
- 15. Left on Titan's Way
- 16. For short course finish and long course finish, runners will turn left onto Victory Ave or road adjacent to Lot R for main race finish line
- 17. For long course, runners will be directed along river side of bike staging area and back onto the Shelby Pedestrian Bridge to complete a 2nd loop, then upon return from 2nd loop, turn left to race finish as described above.